



BILLINGS
Resource Guide for
Individuals Recovering from
Heart Disease or Stroke



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If you've been diagnosed with coronary artery disease or experienced a heart attack or stroke, you are at an increased risk of having future events. Procedures to treat cardiovascular disease do not cure it, so it's very important to work on the things that contributed to the development of the disease - often referred to as risk factors. Risk factors include smoking, diabetes, high cholesterol levels, high blood pressure, obesity, and physical inactivity. In addition to these risk factors, the presence of atrial fibrillation and TIA's (mini strokes) are major risk factors for stroke. Lifestyle changes, combined with medical care, can help you to improve these factors and reduce your risk of another heart attack or stroke. This resource guide provides information on programs and services in Billings to help you make these lifestyle changes.

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This document is also posted on the Montana Cardiovascular Health Program web site at: <http://montanacardiovascular.mt.gov>

CARDIAC REHABILITATION

Cardiac rehabilitation (rehab) is a supervised program that includes therapeutic exercise, education and emotional support for people who have had a heart attack, bypass surgery, heart failure or other type of heart problem. Cardiac rehab is medically supervised and individually designed to enhance your quality of life. The goal is to educate you about your disease and help you return to, and maintain, your best possible physical and emotional health. Cardiac rehab usually begins 1-4 weeks after hospital discharge. Physician referral is required, and the fees are covered by most health plans.

BILLINGS CLINIC CARDIOVASCULAR SERVICES

1020 North 27th Street, 4th Floor

Phone: (406) 238-4310

ST. VINCENT HEALTHCARE HEART AND LUNG WELLNESS PROGRAM

2900 12th Avenue North, Suite 10 W

Billings, MT 59101

Phone: (406) 238-6428

STROKE REHABILITATION

Stroke rehabilitation is an individualized, medically supervised program that includes physical activity, education, lifestyle adaptations and emotional support for people who have had a stroke. The goal of stroke rehabilitation is to help you return to daily activities and maintain your best possible physical and emotional health. Physician referral is required, and fees are covered by most health plans.

ST. VINCENT HEALTHCARE NEW HOPE REHABILITATION

4th Allard – St. Vincent Healthcare

1233 North 30th Street

Billings, MT 59101

Phone: (406) 237-7117

BILLINGS CLINIC PHYSICAL MEDICINE AND REHABILITATION

2825 8th Avenue North, 1st Floor

Billings, MT 59107

Phone: (406) 238-2754

DIABETES MANAGEMENT PROGRAMS

Diabetes management programs teach individuals how to manage their diabetes to minimize health complications. Diet, exercise, medication management and glucose monitoring are some of the topics covered. Staff members include nurses, diabetes educators, and registered dietitians with special training and experience in diabetes management. Individual and group classes may be available. Physician referral is recommended, and fees may be covered by some health plans.

BILLINGS CLINIC DIABETES CENTER

2825 8th Avenue North
Billings MT 59107
Phone: (406) 238-5523

ST. VINCENT HEALTHCARE INTERNAL MEDICINE AND DIABETES CENTER

2019 Broadwater Avenue
Billings, MT 59102
Phone: (406) 238-8500



NUTRITION EDUCATION/COUNSELING

Your doctor may recommend nutrition counseling for cholesterol reduction, weight control or diabetes management. Registered Dietitians are nutrition professionals who can help you reach your health goals safely and sensibly. The counseling is usually individual but may include group classes with topics related to portion control, label reading and goal setting. Physician referral is recommended, and fees may be covered by some health plans.

ST. VINCENT HEALTHCARE OUTPATIENT DIETITIAN

Courtne M. Shatwell, RD, LN
2019 Broadwater Avenue
Billings, MT 59102
Phone: (406) 237-8542

BILLINGS CLINIC NUTRITION CENTER

2800 10th Avenue North
Billings, MT 59107
Phone: (406) 657-4752

SUPPORT GROUPS

Mended Hearts – Group meetings focus on heart patients and their families. Free lectures on pertinent topics are included. For more information, please call the cardiac rehab department at the Billings Clinic at (406) 657-4315 or the cardiac rehab department at St. Vincent Heart and Lung Wellness at (406) 238-6428.

Stroke – Group meetings are held every other Thursday at the Mansfield Center at St. Vincent Healthcare from 3-4 pm. For more information, contact Martha Allen, Stroke Coordinator, St. Vincent Healthcare, (406) 237-7964.

Diabetes – The American Diabetes Association provides general information about diabetes, offers referral services and facilitates support groups. Meetings are the 2nd Tuesday of every month at 7:00 pm. For more information, call (406) 256-0616.

PRESCRIPTION DRUG PATIENT ASSISTANCE PROGRAMS

There is help available for people who have no insurance and can't afford to purchase their medicines. Below is a list of resources that will help with the high cost of prescription medications. Many pharmaceutical companies have patient assistance programs that provide selected prescription medicines free of charge to physicians with patients who cannot afford necessary medicines. The sources below can help you determine whether your medicines fall under this type of program.

BILLINGS CLINIC MEDICATION ASSISTANCE/RECOVERY PROGRAM (MAP/MRP)

Phone: (406) 238-2501

Service Provided:

The Billings Clinic MAP/MRP programs assist patients who are non-insured or under-insured to obtain prescription medications from drug companies (not all medications are available). Advocates will assist in every step of the application process. For more information, call the number above.

ST. VINCENT HEALTH CARE GOLD ADVANTAGE

Phone: (406) 237-8888

Services Provided:

The Catalyst Scripts prescription discount card program offered by Saint Vincent Healthcare is part of a nationwide network of participating pharmacies. Using the purchasing power of nearly two million members, the program can offer discounts of 10% to 50% on most prescriptions. The program is available at no charge to anyone over 60 years of age. An application can be obtained by calling the Saint Vincent Gold Advantage Program at the number listed above.

NEEDYMEDS.COM

www.needymeds.com

Phone: (215) 625-9609

Services Provided:

This website contains up-to-date information on patient assistance programs obtained directly from the drug manufacturers. The web site has a listing of pharmaceutical company programs, medications and applications for many programs. NeedyMeds is an information source, not a program itself.

PRESCRIPTION DRUG PATIENT ASSISTANCE PROGRAMS

MEDICARE PART D

www.dphhs.mt.gov
1-800-MEDICARE

Services Provided:

To learn more about the Medicare-sponsored drug insurance program, call 1-800-MEDICARE or the State Health Insurance Assistance Plan at 1-800-551-3191.

PARTNERSHIP FOR PRESCRIPTION ASSISTANCE

Phone: 1-888-477-2669

Web: <http://www.pparxmt.org/>

Services Provided:

Drug companies, doctors, health care providers, patient advocacy organizations and community groups have combined resources to help qualifying uninsured people get free prescription medications.

BIG SKY RX

Phone: 1-866-369-1233

Services Provided:

Big Sky Rx will help pay premiums for some Medicare beneficiaries who are enrolled in the prescription drug plan created by Medicare – Medicare Part D. For more information, call the number above or write to: Big Sky Rx, P.O. Box 202915, Helena, MT 59620.



SMOKING CESSATION PROGRAMS

If you smoke or use tobacco products, QUIT! Smoking increases the risk of heart attack and stroke. The use of tobacco products may also lead to the development of lung, laryngeal and other cancers. The more you smoke, the higher your risk of developing chronic disease. When you stop, your risk starts to drop. Quitting smoking isn't easy. These programs can help you meet that goal.

TOBACCO QUIT LINE

Montana Tobacco Use Prevention Program

Phone: 1-866-485-QUIT (7848)

Services Provided:

The Tobacco Quit Line is a free telephone service for all Montana residents. Smokers, chewers, family members and health care providers are all welcome to call for tobacco cessation information. If desired, an individual may enroll in a six-week counseling program. The six-week program includes free nicotine replacement therapy. Health care providers may fax patient referrals directly to the Tobacco Quit Line for call back at a later date.

BILLINGS CLINIC TOBACCO DEPENDENCY CLINIC

Phone: (406) 657-4075

Service Provided:

The Tobacco Dependency Clinic offers specialized treatment for tobacco dependency through a comprehensive therapeutic program. Call the number above for more information.

SPECIALTY CLINICS & PROGRAMS

These clinics and programs provide specialty services that may be appropriate for certain individuals recovering from heart disease or stroke.

YELLOWSTONE HEART CENTER

2900 12th Avenue North, Suite 280 W
Billings, MT 59101
Phone: (406) 657-5555

Services Provided:

Comprehensive services including full cardiac diagnostic, treatment and rehabilitative services.

MONTANA HEART INSTITUTE

2900 12th Avenue North, Suite 204E
Billings, MT 59101
Phone: (406) 237-5001

Services Provided:

Comprehensive services including full cardiac diagnostic, treatment and rehabilitative services.

BILLINGS CLINIC – CARDIOVASCULAR SERVICE

1020 North 27th Street 2nd Floor
Billings, MT 59107
Phone: (406) 238-2000

Services Provided:

Comprehensive services including full cardiac diagnostic, treatment, and rehabilitative services.

ST. VINCENT HEALTHCARE NEUROLOGY ASSOCIATES CLINIC

2900 12th Avenue North, Suite 402E
Billings, MT 95101
Phone: (406) 238-6670

Services Provided:

Evaluation and follow-up for individuals who are at risk of stroke or who have experienced a stroke. Stroke neurologists are available for consultation.

SPECIALTY CLINICS & PROGRAMS

ST. VINCENT HEALTHCARE NEUROSCIENCE SERVICE

1233 North 30th Street
Billings, MT 59101
Phone: (406) 237-7964

Services Provided:

St. Vincent Healthcare provides full neurological and neurosurgical support 24/7. St. Vincent Healthcare provides support to patients and their families during their admission and after discharge via an inpatient Survivors of Stroke visitor program and the Discovery Circle Support Group after hospital discharge.

BILLINGS CLINIC NEUROSCIENCES DEPARTMENT

2825 8th Avenue North, 1st Floor
Billings, MT 59101
Phone: (406) 238-2500

Services Provided:

The Billings Clinic Neurosciences Department consists of a multidisciplinary team providing a wide variety of neurologic services including stroke.

BILLINGS CLINIC STROKE CLINIC

2825 8th Avenue North, 1st Floor
Billings, MT 59107
Phone: (406) 238-5565

Services Provided:

Assessment and treatment of stroke risk factors, rehabilitative care, social work referrals, smoking cessation, sleep disorder screening and mood assessment.

ST. VINCENT HEALTHCARE WEIGHT MANAGEMENT CLINIC

1101 North 27th Street, Suite 101
Billings, MT 59101
Phone: (406) 248-4580

Service Provided:

The specialized staff of medical professionals and behaviorists have extensive training and experience in weight management. A combination of medicine, nutrition and education are utilized to provide safe, effective weight loss and maintenance designed specifically to meet your needs.

BILLINGS CLINIC CREATE YOUR WEIGHT PROGRAM

Phone: (406) 657-4752

Services Provided:

Create Your Weight is a 10-week weight management course that provides education on healthier eating, behavior modification and exercise.

SPECIALTY CLINICS & PROGRAMS

ST. VINCENT HEALTHCARE HEADWAY OUTPATIENT REHABILITATION

1233 North 30th Street
Billings, MT 59101
Phone: (406) 238-6440

Services Provided:

Headway is a treatment program for people who have an acquired brain injury such as stroke. After initial evaluation, the rehabilitative team develops a treatment plan with a goal of returning you to a more active life.

BILLINGS CLINIC SENIOR SERVICES

2800 10th Avenue North
Billings, MT 59107
Phone: (406) 238-2500

Services Provided:

Programs for seniors include health education, senior assessment programs, assisted living retirement apartments, and membership in the senior advocacy program.

ST. VINCENT HEALTHCARE SENIOR SERVICES

90 Poly Drive
Billings, MT 59101
Phone: (406) 237-3482

Services Provided:

Senior Services provides a comprehensive array of services and programs with an emphasis on illness prevention and education that are designed to meet the needs of seniors.

ST. VINCENT HEALTHCARE SLICE OF LIFE EXERCISE PROGRAM

Various locations
Phone: (406) 237-3482

Services Provided:

Exercise classes for seniors citizens. Classes include low-impact aerobics and chair exercise routines. Call the number above for class location, fees, and schedule.

SPECIALTY CLINICS & PROGRAMS

BILLINGS CLINIC LIFE FIT PROGRAM

Phone: 406) 657-4310

Services Provided:

The Life Fit Program offers supervised exercise and education programs. For more information, call the number listed above.

YELLOWSTONE COUNTY COUNCIL ON AGING (YCCOA)

1309 16th Street West
Billings, MT 59102
Phone: (406) 259-9666

Services Provided:

The mission of YCCOA is to provide resources for quality, senior-related programs and services. In addition, it assists seniors within Yellowstone County and their families to prepare and aid them through the aging process.

GERIATRIC CONSULTS/ASSESSMENT

St. Vincent Healthcare Center for Healthy Aging
2223 Mission Way
Billings, MT 59102
Phone: (406) 237-8989

Services Provided:

Call the number above for more information.

CENTER FOR HEALTH & HEALING

90 Poly Drive, Suite 1
Billings, MT 59101
Phone: (406) 237-3680

Services Provided:

Acupuncture, biofeedback, clinical counseling, educational sessions, Lab Check, library and art gallery, massage therapy, nutrition counseling, support groups, yoga and fitness classes.

CONSUMER HEALTH INFORMATION

These organizations and web sites are sources of credible medical and health information.

BILLINGS CLINIC HEALTHLINE

Phone: (406) 255-8400

Services Provided:

Twenty-four hours a day, 7 days a week, Billings Clinic HealthLine delivers answers to your health related questions. Registered nurses help you search for specific health-related information or find a health care provider who meets your needs.

ST. VINCENT HEALTHCARE "ASK A NURSE"

Phone: (406) 657-8778

Services Provided:

Sometimes you just need a quick answer to a medical question. St. Vincent's Ask a Nurse program lets you get simple answers to your questions fast. Ask a Nurse is available 24/7.

BILLINGS CLINIC LIBRARY

Phone: (406) 238-2226

Services Provided:

The Billings Clinic Medical Library is open from 8-5, Monday-Friday and is located in the lower level of the Billings Clinic. Patients are welcome to come to the library to conduct health-related research, and families of patients being treated at the clinic or hospital are welcome to come to the library to use the internet services.

HEALTH AND SCIENCES LIBRARY AT ST. VINCENT HEALTHCARE

Mansfield Health Education Center

1145 North 30th

Billings, MT 59101

Phone: (406) 237-8640

Services Provided:

The public is welcome to use the St. Vincent Healthcare library. Call the number above for more information.

ORGANIZATION

WEB SITE

American Council on Exercise	www.acefitness.org/fitfacts/
American Dietetic Association	www.eatright.org
American Heart Association	www.americanheart.org
American Stroke Association	www.strokeassociation.org
Billings Clinic	http://www.billingsclinic.com/
Montana Association of Cardiovascular & Pulmonary Rehabilitation	www.angelfire.com/mt2/macvpr/
Montana Cardiovascular Health Program	http://montanacardiovascular.mt.gov
Montana Dietetic Association:	www.montanadieteticassociation.org
National Heart, Lung and Blood Institute	www.nhlbi.nih.gov
Social Security Administration	www.socialsecurity.gov
St. Vincent Healthcare	http://www.svh-mt.org/default.htm
USDA Food Guide Pyramid	www.mypyramid.org
Yellowstone County Council on Aging	http://www.ycco.org/index.html

SIGNS AND SYMPTOMS OF HEART ATTACK AND STROKE

It is extremely important to be aware of the warning signs of a heart attack or stroke. Treatments are available to reverse the detrimental effects but can only be initiated within a short period of time after symptom onset. Familiarize yourself with the following warning signs recognized by the American Heart Association:

HEART ATTACK:

Symptoms can come on quickly with intense pain or discomfort. However, symptoms commonly start out less intense, leading some to believe it is not an emergency. Common symptoms include:

- Chest discomfort
- Pain or discomfort in the shoulders, arms neck or jaw
- Shortness of breath
- Nausea
- Lightheadedness
- Sweating

STROKE:

Symptoms of stroke are usually characterized by a rapid onset. Many times, individuals having a stroke are confused and may not understand what is happening. Common symptoms include:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

If you or someone you witness experience one or more of these symptoms, **CALL 911** immediately.

QUESTIONS?

If you have questions about this resource guide, contact:

MIKE MCNAMARA, M.S.
MONTANA CARDIOVASCULAR HEALTH PROGRAM

Montana Department of Public Health & Human Services

P.O. Box 202951

Helena, MT 59620

Phone: (406) 444-9170

Fax: (406) 444-7465

E-mail: mmcnamara@mt.gov

WHAT DO YOU THINK?

Please take a moment to answer a few questions about the usability of this Billings resource guide.

1. Was the guide useful? ___ Yes ___ No

2. Which sections did you use as a reference?

- ___ Cardiac Rehab Facilities
- ___ Diabetes Management Programs
- ___ Nutrition Education/Counseling
- ___ Physical Activity
- ___ Smoking Cessation
- ___ Specialty Clinics & Support Services
- ___ Consumer Health Information

3. What other kinds of information would be useful to include in this guide?

4. Other comments or suggestions:

Please return this form to:

Mike McNamara, M.S.

Montana Cardiovascular Health Program

Montana Department of Public Health & Human Services

P.O. Box 202951

Helena, MT 59620-2951

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